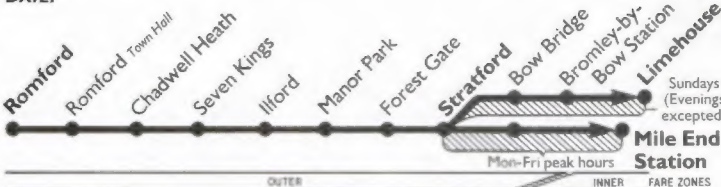


Please
have your
fare
ready to
**PAY THE
DRIVER**



Mondays to Fridays

NOTE Between Romford and Stratford extra buses provide a service as follows:
Romford to Ilford every 5-6 minutes until 19:30;
Ilford to Stratford every 6 minutes during peak hours.

| | | | | | | | | |
|-----------------------------|------|-------|---------|------|-------|---------|------|------|
| Romford Station | 0538 | 0402 | 0617 | 0629 | 0639 | 0652 | 0703 | 0709 |
| Chadwell Heath Coopers Arms | 0550 | 0614 | 0629 | 0643 | 0655 | 0708 | B | 0720 |
| Seven Kings Bus Garage | 0543 | 0612 | 0619 | 0627 | 0634 | 0649 | 0656 | 0701 |
| Ilford Clements Road | 0546 | 0600 | 0617 | 0625 | 0633 | 0640 | 0655 | 0702 |
| Manor Park Broadway | A | 0609 | 0626 | 0637 | 0645 | 0652 | 0702 | 0707 |
| Forest Gate Green Street | 0612 | 0629 | 0641 | 0649 | 0656 | 0701 | 0706 | 0711 |
| Stratford Broadway | 0618 | 0635 | 0650 | 0658 | 0705 | 0710 | 0715 | 0720 |
| Stratford Bus Station | 0623 | 0640 | 0655 | 0700 | 0712 | 0724 | 0739 | 0750 |
| Bow Church DLR | 0623 | 0640 | 0655 | 0700 | 0712 | 0724 | 0739 | 0750 |
| Mile End Station | 0627 | 0645 | 0700 | 0715 | 0725 | 0737 | 0746 | 0757 |
| Romford Station | 0715 | 0826 | 0844 | 0850 | 0902 | 0915 | 0927 | 0939 |
| Chadwell Heath Coopers Arms | 0732 | 0844 | 0902 | 0908 | 0920 | 0933 | 0945 | 0957 |
| Seven Kings Bus Garage | 0738 | Then | 0850 | 0908 | 0914 | 0926 | 0939 | 0951 |
| Ilford Clements Road | 0747 | about | 0859 | 0917 | 0923 | 0935 | 0948 | 1000 |
| Manor Park Broadway | 0801 | every | 0913 | 0931 | 0937 | 0949 | 1002 | 1014 |
| Forest Gate Green Street | 0807 | 12 | 0919 | 0937 | 0943 | 0955 | 1008 | 1020 |
| Stratford Broadway | 0816 | mins. | 0928 | 0946 | 0952 | 1004 | 1016 | 1028 |
| Stratford Bus Station | 0823 | until | 0935 | 0952 | 0954 | 1006 | 1018 | 1030 |
| Bow Church DLR | 0823 | 0935 | 0952 | 0954 | 1006 | 1018 | 1030 | 1042 |
| Mile End Station | 0830 | 0942 | 0959 | 1006 | 1018 | 1030 | 1042 | 1048 |
| Romford Station | C | 1548 | 1728 | 1735 | 2256 | 2312 | 2320 | 2332 |
| Chadwell Heath Coopers Arms | 1559 | 1644 | 1750 | 1757 | Then | 2310 | 2324 | 2332 |
| Seven Kings Bus Garage | 1605 | 1611 | Then | 1750 | about | 2315 | 2329 | 2337 |
| Ilford Clements Road | 1613 | 1619 | every | 1757 | 1804 | every | 2320 | 2334 |
| Manor Park Broadway | 1625 | 1631 | every | 1808 | 1815 | 12 | 2329 | 2343 |
| Forest Gate Green Street | 1630 | 1636 | 12 | 1813 | 1820 | minutes | 2332 | 2346 |
| Stratford Broadway | 1638 | 1644 | minutes | 1820 | 1827 | until | 2338 | 2352 |
| Stratford Bus Station | 1640 | 1650 | until | 1826 | 1829 | 2340 | 2354 | 2358 |
| Bow Church DLR | 1640 | 1650 | 1826 | 1829 | 2340 | 2354 | 2358 | 2362 |
| Mile End Station | 1655 | 1831 | 1831 | 1831 | 2340 | 2354 | 2358 | 2362 |

Saturdays

| | | | | | | | | | | |
|-----------------------------|------|------|------|------|------|-------|-------|------|------|------|
| Romford Station | 0536 | 0606 | 0635 | 0659 | 0723 | 0910 | 0920 | 1720 | 1724 | 1729 |
| Chadwell Heath Coopers Arms | 0548 | 0618 | 0648 | 0712 | 0736 | Then | 0926 | 0936 | 1740 | 1744 |
| Seven Kings Bus Garage | 0540 | 0553 | 0623 | 0653 | 0707 | about | 0931 | 0941 | 1747 | 1751 |
| Ilford Clements Road | 0545 | 0558 | 0628 | 0645 | 0659 | every | 0935 | 0945 | 1752 | 1805 |
| Manor Park Broadway | A | 0607 | 0637 | 0656 | 0710 | 0722 | 0734 | 0746 | 1809 | 1815 |
| Forest Gate Green Street | 0610 | 0640 | 0659 | 0713 | 0725 | 0737 | 0749 | 0761 | 1813 | 1819 |
| Stratford Broadway | 0616 | 0646 | 0705 | 0719 | 0731 | 0743 | 0755 | 0807 | 1819 | 1825 |
| Stratford Bus Station | 0618 | 0648 | 0707 | 0721 | 0733 | 0745 | 0757 | 0809 | 1821 | 1827 |
| Bow Church DLR | 0618 | 0648 | 0707 | 0721 | 0733 | 0745 | 0757 | 0809 | 1821 | 1827 |
| Romford Station | 1737 | 1743 | 1750 | 1756 | 1802 | 1806 | 2256 | 2312 | 2320 | 2332 |
| Chadwell Heath Coopers Arms | 1757 | 1803 | 1810 | 1816 | 1819 | 1822 | Then | 2310 | 2324 | 2332 |
| Seven Kings Bus Garage | 1804 | 1809 | 1816 | 1822 | 1825 | 1828 | about | 2315 | 2329 | 2337 |
| Ilford Clements Road | 1809 | 1815 | 1821 | 1827 | 1830 | 1833 | every | 2320 | 2334 | 2342 |
| Manor Park Broadway | 1819 | 1825 | 1831 | 1837 | 1843 | 1847 | mins. | 2329 | 2343 | 2351 |
| Forest Gate Green Street | 1823 | 1835 | 1841 | 1847 | 1853 | 1857 | until | 2332 | 2346 | 2354 |
| Stratford Broadway | 1829 | 1841 | 1847 | 1853 | 1857 | 1903 | 2338 | 2352 | 2356 | 2362 |
| Stratford Bus Station | 1831 | 1843 | 1849 | 1855 | 1901 | 1905 | 2340 | 2354 | 2358 | 2364 |

Sundays and Public Holidays

| | | | | | | | | | | | | | | | | | | | |
|-----------------------------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|
| Romford Station | D | 0613 | 0643 | 0658 | 0721 | 0727 | 0757 | 0808 | 0827 | 0838 | 0857 | 0903 | 0919 | 0932 | 0938 | 0955 | 1010 | 1028 | 1040 |
| Chadwell Heath Coopers Arms | 0613 | 0643 | 0658 | 0721 | 0727 | 0757 | 0808 | 0827 | 0838 | 0857 | 0903 | 0919 | 0932 | 0938 | 0955 | 1010 | 1028 | 1040 | 1046 |
| Seven Kings Bus Garage | 0618 | 0643 | 0658 | 0721 | 0727 | 0757 | 0808 | 0827 | 0838 | 0857 | 0903 | 0919 | 0932 | 0938 | 0955 | 1010 | 1028 | 1040 | 1046 |
| Ilford Clements Road | 0624 | 0648 | 0703 | 0727 | 0733 | 0803 | 0814 | 0833 | 0844 | 0903 | 0909 | 0925 | 0938 | 0944 | 1001 | 1016 | 1034 | 1046 | 1056 |
| Manor Park Broadway | E | 0647 | 0713 | 0737 | 0743 | 0813 | 0824 | 0843 | 0854 | 0913 | 0919 | 0935 | 0948 | 0954 | 1011 | 1026 | 1044 | 1056 | 1106 |
| Forest Gate Green Street | 0700 | 0716 | 0740 | 0746 | 0816 | 0827 | 0846 | 0857 | 0916 | 0922 | 0938 | 0944 | 0958 | 1004 | 1010 | 1036 | 1054 | 1106 | 1116 |
| Stratford Broadway | 0706 | 0722 | 0746 | 0752 | 0822 | 0833 | 0852 | 0903 | 0922 | 0928 | 0944 | 0958 | 1004 | 1010 | 1036 | 1054 | 1106 | 1116 | 1126 |
| Stratford Bus Station | 0708 | 0724 | 0748 | 0754 | 0824 | 0835 | 0854 | 0905 | 0924 | 0930 | 0946 | 1000 | 1014 | 1020 | 1046 | 1104 | 1116 | 1126 | 1136 |
| Bow Church DLR | 0708 | 0724 | 0748 | 0754 | 0824 | 0835 | 0854 | 0905 | 0924 | 0930 | 0946 | 1000 | 1014 | 1020 | 1046 | 1104 | 1116 | 1126 | 1136 |
| Limehouse Burdett Road | 0735 | 0759 | 0829 | 0835 | 0859 | 0905 | 0929 | 0935 | 0959 | 1005 | 1011 | 1017 | 1043 | 1059 | 1105 | 1111 | 1117 | 1123 | 1129 |
| Romford Station | 1035 | 1049 | 1055 | 1101 | 1111 | 1115 | 1121 | 1123 | 1129 | 1135 | 1141 | 1147 | 1153 | 1159 | 1205 | 1211 | 1217 | 1223 | 1229 |
| Chadwell Heath Coopers Arms | 1049 | 1105 | 1111 | 1115 | 1121 | 1123 | 1129 | 1135 | 1141 | 1147 | 1153 | 1159 | 1205 | 1211 | 1217 | 1223 | 1229 | 1235 | 1241 |
| Seven Kings Bus Garage | 1055 | 1111 | 1115 | 1121 | 1123 | 1129 | 1135 | 1141 | 1147 | 1153 | 1159 | 1205 | 1211 | 1217 | 1223 | 1229 | 1235 | 1241 | 1247 |
| Ilford Clements Road | 1101 | 1111 | 1115 | 1121 | 1123 | 1129 | 1135 | 1141 | 1147 | 1153 | 1159 | 1205 | 1211 | 1217 | 1223 | 1229 | 1235 | 1241 | 1247 |
| Manor Park Broadway | 1111 | 1115 | 1121 | 1123 | 1129 | 1135 | 1141 | 1147 | 1153 | 1159 | 1205 | 1211 | 1217 | 1223 | 1229 | 1235 | 1241 | 1247 | 1253 |
| Forest Gate Green Street | 1115 | 1121 | 1123 | 1129 | 1135 | 1141 | 1147 | 1153 | 1159 | 1205 | 1211 | 1217 | 1223 | 1229 | 1235 | 1241 | 1247 | 1253 | 1259 |
| Stratford Broadway | 1121 | 1123 | 1129 | 1135 | 1141 | 1147 | 1153 | 1159 | 1205 | 1211 | 1217 | 1223 | 1229 | 1235 | 1241 | 1247 | 1253 | 1259 | 1305 |
| Stratford Bus Station | 1123 | 1129 | 1135 | 1141 | 1147 | 1153 | 1159 | 1205 | 1211 | 1217 | 1223 | 1229 | 1235 | 1241 | 1247 | 1253 | 1259 | 1305 | 1311 |
| Bromley-by-Bow Station | 1123 | 1129 | 1135 | 1141 | 1147 | 1153 | 1159 | 1205 | 1211 | 1217 | 1223 | 1229 | 1235 | 1241 | 1247 | 1253 | 1259 | 1305 | 1311 |
| Limehouse Burdett Road | 1123 | 1129 | 1135 | 1141 | 1147 | 1153 | 1159 | 1205 | 1211 | 1217 | 1223 | 1229 | 1235 | 1241 | 1247 | 1253 | 1259 | 1305 | 1311 |

Additional bus, Sundays: Romford Station to Seven Kings Bus Garage at 21:01

A - Continues to Ilford Broadway.

C - Starts from Romford St. Edwards School.

E - Continues to Chigwell Road Maypole (bus 150).

B - Starts from Chadwell Heath Wangey Road.

D - Starts from Romford North Street/The Avenue via London Road (bus 150).

DLR - Docklands Light Railway.

